

St. John School Presents

UNPLUGGED DAY

A Screen-Free Day for Lent

Monday, March 16
Sunrise to Sundown

★ Take a Break.
★ Be Present.
★ Reconnect.

In the spirit of Lent, St. John School invites all students and staff to participate in Unplugged Day – a full school day without personal screens.



This special day is an opportunity to:

- 📖 Engage more deeply in learning
- 🤝 Strengthen friendships
- 🙏 Reflect and grow spiritually
- 🌍 Be mindful and present in the moment

WHAT DOES “SCREEN-FREE” MEAN?



No phones
No smartwatches
No tablets



No BenQ boards or TVs
No personal gaming devices

WHY UNPLUG?

Lent is a time for reflection, sacrifice, and renewal. By stepping away from screens, we create space for connection — with God, with one another, and with ourselves.

Take it further with the **SCREEN-FREE BINGO!**

How long can you and your family stay screen free?! For the week of **Monday, March 16 - Friday, March 20th**, students can try a screen-free activity on the BINGO sheet provided each day. Color in the activities you complete. Once your child hits 5 IN A ROW, turn it in for a prize! BINGO sheets should be turned in no later than Tuesday, March 24th. The office will call your child down to collect a prize.